

**THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:**

1. A swimming aid including:  
a body portion;  
5 locating means for the foot of the user located on top of said body portion;  
a flexible web extending laterally from said body portion; and  
at least two segmented ribs disposed on said flexible web and extending  
laterally from said body portion towards the edge of said flexible web, the  
segments of each said rib cooperating to stiffen said flexible web against flexion  
10 substantially above the plane of said body portion.
2. The swimming aid according to claim 1, wherein said locating means is  
composed of a material selected from the group including natural or synthetic  
rubber, leather or polymer material.  
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3. The swimming aid according to claim 1 or claim 2, wherein the said locating  
means fully encloses the user's foot.
4. The swimming aid according to claim 1 or claim 2, wherein the said locating  
20 means is partially open at one or both of the toes and heel of the user's foot. .
5. The swimming aid according to any one of claims 1 to 4, wherein the said  
flexible web comprises a ball region, a heel region and an intermediate region of  
lesser lateral extent than said ball and heel regions.  
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6. The swimming aid according to claim 5, wherein the said ball region is of  
greater lateral extent than said heel region.
7. The swimming aid according to any one of claims 1 to 6, additionally  
30 including tuning webs disposed at one or both of the toe region or arch region of  
the body portion.

8. The swimming aid according to any one of claims 1 to 7, wherein the said flexible web is composed of a material selected from the group including natural or synthetic rubber, leather or polymer material.
- 5 9. The swimming aid according to any one of claims 1 to 8, wherein said flexible web is formed integrally with said locating means and body portion.
- 10 10. The swimming aid according to any one of claims 1 to 9, wherein the said at least two segmented ribs extend both laterally and divergently from the said body portion.
11. The swimming aid according to any one of claims 1 to 10, wherein the said ribs are segmented by cuts or excisions and are hingedly interconnected by the material of the web.
- 15 12. The swimming aid according to any one of claims 1 to 10, wherein the said ribs are composed of individual segments linked via a flexible linking means.
- 20 13. The swimming aid according to claim 12, wherein the linking means is in each case a hinge.
14. The swimming aid according to claim 10, wherein said individual segments block together to provide said stiffening of the web.
- 25 15. A swimming aid substantially as hereinbefore described with reference to the Detailed Description of the Preferred Embodiment and the Drawings.